

MURRAY SENIOR RECREATION CENTER

2019

Recreation for 55+

April



3rd Annual Symposium: Senior and Caregiver Protection

The Center is presenting a full day symposium centered on **SENIOR AND CAREGIVER PROTECTION** on **Tuesday, April 9** from **8:00** until **4:30**. Murray

Senior Recreation Center participants have voiced concerns about elder abuse by family, caretakers, or others. Our third annual symposium will address this important issue and provide information to help you protect yourself as well as the caregivers you associate with.

Registered participants will hear two keynote addresses and choose four presentations to attend. The cost will be **\$8** per person and includes continental breakfast and lunch. [Register now.](#)

Deadline: No reservations or refunds may be made after close of business on Tuesday, April 2.

No other programs or services will take place at the Murray Senior Recreation Center on that day. Bring your friends and family and spend the day with us.



www.facebook.com/MurraySeniorRec/
www.facebook.com/MurrayCityUtah/

2019 Special Events

Tuesday, May 7	Mother's Day Tea
Wednesday, June 12	Father's Day BBQ
Monday, September 9	Open House
Wednesday, October 16	Oktoberfest
Monday, November 4	Veterans Brunch
Wednesday, November 13	Thanksgiving Meal
Friday, December 6	Holiday Boutique



2019 Center Closures

Monday, May 27	Memorial Day
Thursday, July 4	Independence Day
Wednesday, July 24	Pioneer Day
Monday, September 2	Labor Day
Monday, November 11	Veterans Day
Thursday, November 28	Thanksgiving
Friday, November 29	Thanksgiving
Wednesday, December 25	Christmas

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Murray Senior Recreation Center



#10 East 6150 South
Murray, UT 84107

801-264-2635

seniorrec@murray.utah.gov
murray.utah.gov/140/Murray-Senior-
Recreation-Center
Director: Tricia Cooke

Monday – Friday
8:00 – 4:30

Thursday
8:00 – 9:30

Saturday – Sunday
Closed

Murray City Administration

Mayor Blair Camp
 Parks and Recreation Director: Kim Sorensen
 City Council:
 Dave Nicponski, District 1
 Dale Cox, District 2
 Jim Brass, District 3
 Diane Turner, District 4
 Brett Hales, District 5

Murray Senior Recreation Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Guss
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Allie Rivera
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Don Smith
Building Attendant	Pete Wright

Advisory Board

Chair: Ed Houston	
Christine Clark	Richard Clark
Brenda Clausen	Max Derrick
Sandra Jones	Jenny Martin
Erich Mille	Pete Wright

Heritage Senior Adults, Inc.

DONATIONS made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc. which is a 501(c)3 and funds a scholarship program for our seniors.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for lunch and activities at the Murray Senior Recreation Center. Applications are available at the Front Desk.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Every time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to Heritage Center (#80274).

Add a tile to the **WALL OF SUPPORT** in the Murray Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state-of-the-art laser technology, which ensures strength and durability for a lifetime.

Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available at the Front Desk of the Murray Senior Recreation Center, online at murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Murray Senior Recreation Center and the suggested donation is \$1 per issue. *Newsletters are archived online.*

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is two working days, for trips or special events it is five working days, and for overnight trips it is six weeks to receive a full refund.

The Murray Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray Parks" on your credit card or bank statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMODATIONS** to participate in any of our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

ANIMALS are not allowed on the premises of the Murray Senior Recreation Center except a service animal as defined by Utah Code. The service animal must be wearing its service vest or the individual may present the animal's identification card or another form of identification.

April Guss is a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service for Center participants.

Our **ADVISORY BOARD** meets monthly at 10:30 on the 4th Wednesday each month. The public is always welcome to attend and there is a time provided for their comments.

Bus Trip Reminders

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Murray Senior Recreation Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

Grief Support Class

On **Tuesday, April 2 at 10:30**, Jody Davis, a Chaplain from Rocky Mountain Hospice, will discuss ways to process grief in this **GRIEF SUPPORT CLASS**. Grief is not limited only to the death of a loved one; it may also be caused by a reaction to divorce, a decrease in physical ability, and other grief-producing events that are all too common as we age. This is a **free** class. [Register now.](#)

Memory's Last Breath: A Memoir

On **Friday, April 12 at 10:30**, we are pleased to introduce Gerda Saunders. She will share information from her memoir, **MEMORY'S LAST BREATH: Field Notes on My Dementia**. A few days before her sixty-first birthday, Gerda was diagnosed with cerebral microvascular disease, the leading cause of dementia after Alzheimer's. Within a year, she retired from her position as the associate director of Gender Studies at the University of Utah. This is a **free** presentation. [Register now.](#)

Eat This! Not That!

On **Tuesday, April 16 at 10:30**, Ashely Quadros from Harmons will be presenting **EAT THIS! NOT THAT!** Does a trip to the grocery store ever leave you feeling confused and defeated? With such a variety of foods on the shelves and the many health claims on packaging, how do you decide which foods are the best to keep you healthy? Ashley will break down the basics of carbs, protein, fat, and sodium and teach you what to look for in different products so you can make better food choices. This is a **free** class. [Register now.](#)

eBooks and eAudiobooks Class

On **Friday, April 19 at 10:30**, a representative from Murray City Library will teach you how to use **eBOOKS and eAUDIOBOOKS**. Bring your devices (tablet, smart phone, eReader, etc.) and all passwords for your accounts (Amazon, Apple, Adobe, etc.). Also, bring your Murray Library Card. If you don't have a Murray Library Card and would like one, please bring a photo ID printed with your current address or a piece of mail with your name and current address. This is a **free** class. [Register now.](#)

AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month. The next class will be on **Tuesday, April 23** from **9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

Vital Aging

Melissa Foulger from Valley Mental Health's **VITAL AGING** project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

On **Tuesday, April 23 at 10:30**, the wellness topic will be **IMPROVING MEMORY**. Have you noticed your memory changing? Do you have trouble recalling old information or learning new things? We will discuss common memory changes and how to manage them. This is a **free** class. [Register now.](#)

Veterans Benefits

On **Tuesday, April 23 at 1:00**, Brock McLean, an officer in the American Legion Veterans Service, will discuss **VETERANS BENEFITS**, help with filing any claims, and answer general questions about benefits for Veterans. [Advance appointments are required.](#)

History Class: D-Day Preparations

On **Tuesday, April 30 at 10:30**, Jim Duignan, who originally hails from Dublin, Ireland, and is a retired history teacher, will discuss the **D-DAY PREPARATIONS** which began in 1943 for the invasion of mainland Europe in June 1944. The Allied Forces were trying to keep their invasion plans secret while still giving the Germans false intelligence. All the while, Allied Forces had to secretly train their invasion forces and stock supplies. This is a **free** class. [Register now.](#)



Painting Classes

John Fackrell's six-week **WATERCOLOR** class will continue through **April 8** at **9:00-12:00**. Cost is **\$33**. A new session will begin **Monday, April 15** through **Monday, May 13**, with a class held on **Thursday, May 9** at **12:30-3:30**. Registration begins Tuesday, April 2.

John and Joan Fackrell's six-week **ART APPRECIATION** class will continue through **April 8** at **1:00-3:30**. Cost is **\$33**. A new session will begin **Monday, April 15** through **Monday, May 13**, with a class held on **Thursday, May 2** at **12:30-3:30**. Registration begins Tuesday, April 2.

Jeanette Morris' **PAINTING** class will continue through **Wednesday, April 17** at **9:00-12:00**. A new session will begin **Wednesday, April 24** through **Wednesday, June 12**. The cost is **\$40**. Registration begins Monday, April 1. Jeanette is an experienced teacher and paints in both watercolor and oils; she has some experience with pastels and acrylics.

Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for participants of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are always welcome. Bring your ideas and projects to share.

The **CRAFTING WITH SUSAN** class is on hiatus until June.

Paint Night

We are pleased to bring in Liquid Canvas for **PAINT NIGHT** on **Thursday, April 18** at **2:00-4:00**. Liquid Canvas combines art with entertainment; their most talented and fun artists will come to teach and paint with you step-by-step. Even if you've never painted before, you'll be feeling like a pro by the end of this class. All supplies and paints will be provided. *No previous art experience needed.* A light snack will be provided. Cost is **\$25**. Register now.

Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computer or mobile device (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Ashton Snelgrove and others from SoFi (Social Finance, Inc.) have one-hour **INDIVIDUAL HELP** appointments on **Thursday** at **2:00, 3:00, and 4:00**. They can assist with computer or mobile device (including Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's **GENEALOGY** will continue through **Wednesday, May 1** at **12:30-1:30**. This is a **FREE** class. Space is limited to six participants.

Computer Lab

The **COMPUTER LAB** has six computers running Windows 10. Computers are available anytime a group class is not being held. There is no charge to use the computers. We ask that users sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or the cash box located in the Computer Lab).

Readers Theater

The **READERS THEATER** troupe meets every **Thursday** from **3:00-4:00**. If you would like to participate, please come and join in the fun!

The troupe will occasionally perform their new plays at **12:30** between lunch and bingo on Fridays.

Cooking Class

Allie Rivera will be teaching a **COOKING CLASS** at **10:00** on the following dates:

- **Monday, April 8** Mediterranean Grilled Cheese Sandwich
- **Monday, April 22** Crescent Roll Carrot with Egg Salad

The cost for each class is **\$5** and includes the recipe and meal sample. Register now. *Class is limited to ten people.*

Mother's Day High Tea

The annual **MOTHER'S DAY HIGH TEA** will be held on **Tuesday, May 7** from **11:30-1:00**. The cost is **\$8** per person. Purchase one seat or an entire table (seven seats). Registration begins Tuesday, April 16.



Deadline: No reservations or refunds may be made after close of business on Tuesday, April 30.

Plates of food will be served at your table and include bite-sized foods that are served as part of a traditional English High Tea. A variety of tea choices will also be available to sample.

Birthday Wednesday

Celebrate your **BIRTHDAY** on the **FIRST WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade! There is free cake and ice cream for everyone to enjoy, too.

A special thank you to Memorial Mortuaries and Cemeteries for donating the cake!

Brunch Café

We will be offering our **BRUNCH CAFÉ** on **Monday, April 15** from **11:00-12:30**. You may choose a complete meal or pick a la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order.

Weekly Transportation

WEEKLY TRANSPORTATION to and from the Murray Senior Recreation Center is available for Murray residents on **Wednesdays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

Golf General Meeting

The Murray Senior Recreation Center's **GOLF LEAGUE** will begin this year with the general meeting for all interested players on **Monday, April 8** at **10:30**. The 2019 schedule will be reviewed and our league rules will be discussed.

Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100+ players who will participate in each tournament. We have put together a great list of upcoming golf tournaments this year, so come and support the Center's golf program.

April 22	8:00	Mountain View
May 6	9:00	Eaglewood <i>Scramble</i>
May 20	8:00	The Ridge

Shredding Day

SHREDDING DAY is back! Salt Lake County Aging Services will offer **free** document shredding at the Center on **Tuesday, May 7** from **10:00 to 1:00** in our North parking lot. Special thanks to Salt Lake County Aging Services and Shred Masters for providing this service.

Approved Items: All paper products (with staples and paper clips), file folders, checks and checkbooks.

Non-Approved Items: black binder clips, large metal pieces, carbon paper, cardboard, electronics, and plastic.

Summer Family Concert Series

Please note the schedule below for our 2019 Summer Family Concerts that are held on the **2nd Monday** at **7:00 pm**. These concerts are **free** for all ages and are held in our Backyard Plaza. Doors open at 6:00 pm.

Monday, Jun 10	IN CAHOOTS (<i>classic country</i>)
Monday, Jul 8	SKYEDANCE (<i>Celtic</i>)
Monday, Aug 12	COMPANY B (<i>jazz</i>)
Monday, Sep 9	GREAT BASIN STREET BAND (<i>jazz</i>)



Monthly Calendar

2019

Murray Senior Recreation Center

#10 East 6150 South
Murray, UT 84107

801-264-2635

seniorrec@murray.utah.gov
murray.utah.gov/140/Murray-Senior
-Recreation-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed

MONDAY	TUESDAY
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance / Personal Training 1:00 Movie: Live and Let Die 1:00 Art Appreciation / Storytelling 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi 10:30 Grief Support 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance
9:00 NIA 9:00 Watercolor 10:00 Cooking Class 10:15 Pickleball 10:30 Chakra Meditation 10:30 Golf General Meeting 11:00 Bridge Lessons 12:30 Balance / Personal Training 1:00 Movie: Bumblebee 1:00 Art Appreciation 2:00 Strength Conditioning	 <p>Senior and Caregiver Protection</p> <p>\$8 Registration Fee Deadline is Tuesday, April 2 see Front Page for Details</p>
9:00 NIA 9:00 Watercolor 9:30 Ear Wax Removal 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 11:00 BRUNCH CAFÉ 12:30 Balance / Personal Training 1:00 Movie: Return to Me 1:00 Art Appreciation 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 NO Line Dance 10:30 Tai Chi / Eat This! Not That! 11:30 Lunch 12:00 Medicare Counseling 12:30 Canasta 12:45 Crafters 1:00 NO Computer Help 1:30 Attorney Consultation 2:00 Beginning Line Dance
8:00 GOLF: Mountain View 9:00 NIA 9:00 Watercolor 10:00 Cooking Class 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Strength and Balance Class 1:00 Movie: Over-The-Hill Gang 1:00 Art Appreciation 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 9:30 Smart Driving 10:30 Tai Chi / Vital Aging 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 1:00 Veterans Benefits 2:00 Beginning Line Dance
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Strength and Balance Class 1:00 Movie: Hotel for Dogs 1:00 Art Appreciation 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi 10:30 History Class 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance

WEDNESDAY	THURSDAY	FRIDAY
9:00 Painting / Haircuts 9:15 Pinochle 9:30 Race to Promontory Trip 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Birthday Wednesday Lunch 12:30 Genealogy / Taxes 12:45 Bingo 1:00 Bridge / Storytelling	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 9:00 Kingsbury Hall – Ballet 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater / 5:30 VITA 7:00 Evening Social Dance	9:00 Zumba 9:00 Walking Club (<i>Grant Park</i>) 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 10:30 Blood Pressure 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy / Taxes 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics / Wendover 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater / 5:30 VITA 7:00 Evening Social Dance	9:00 Zumba 9:00 Kingsbury Hall – Alice 10:00 Yoga 10:30 Memory's Last Breath 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 9:30 Butterfly Biosphere 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help / Paint Night 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 10:00 Yoga 10:30 eBooks & eAudiobooks 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:30 Personal Training 12:45 Special Easter Bingo 1:00 Bridge
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball / 9:30 Toenails 10:30 Tai Chi 11:30 Lunch 12:00 Massage 12:30 Tulip Festival 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:45 Bingo 1:00 Bridge

Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday** at **11:00**.

BRIDGE play is on **Wednesday** and **Friday** at **1:00-4:00**. Some players arrive early to practice and start finding first round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

CANASTA is played on **Tuesday** at **12:30-3:30**. Beginners are welcome, all games are free and anyone can join in on the fun.

PINOCHLE tournaments are held on **Wednesday** at **9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check-in.

Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCE** is held on **Tuesday** at **9:30** for all dancers and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

Bingo

BINGO is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

NOTE: The bingo cards will be available at 12:30 each *Wednesday and Friday*. Tables will be called by number to pickup cards before the start of bingo.

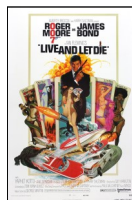
The bingo program is operated by donations. Please help the program maintain quality prizes by donating. The suggested donation amount is **\$1** for 1-3 cards played or **\$2** for 4-6 cards played.

A special **THANK YOU** to **Village Inn** for donating a pie each week for the elimination game and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

There will be a **SPECIAL EASTER BINGO** on **Friday, April 19**. Join us for fun and special prizes.

Monday Movie

Join us on **Mondays** at **1:00** for a **free MOVIE** and popcorn!



LIVE AND LET DIE

Monday, April 1
1973 / 121 minutes
British Spy



BUMBLEBEE

Monday, April 8
2018 / 114 minutes
Action-Adventure



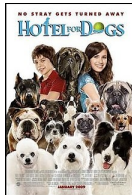
RETURN TO ME

Monday, April 15
2000 / 115 minutes
Romantic Drama



THE OVER-THE-HILL GANG

Monday, April 22
1969 / 77 minutes
Western



HOTEL FOR DOGS

Monday, April 29
2009 / 99 minutes
Adventure Comedy

Evening Social Dance

DANCE to the musical genius of Tony Summerhays each **Thursday night** at **7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency that provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Tony Summerhays, , and Kneaders Bakery and Café.

Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**, and is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund.

Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **12:00 to 4:00**. Cost is **\$40** for an hour (12:00, 1:00, or 2:00). Cost is **\$20** for a half-hour (3:00 or 3:30). Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

Blood Pressure

Community Nursing Services will be providing **free BLOOD PRESSURE** screenings on **Wednesday, April 10** from **10:30 to 12:00**.

Ear Wax Removal and Hearing Test

On **Monday, April 15** from **9:30 to 11:00**, Mr. Leibovich will be at the Center providing **EAR WAX REMOVAL** and hearing testing services. This is a **free** service. Advance appointments are required.

Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, April 25** from **9:30 to 12:00**. The cost is **\$11**. Payment is required at time of scheduling.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

Walking Club: Destination San Francisco

Get fit and have fun with our **WALKING CLUB**. The benefits of walking include improved cardio fitness, lowered blood pressure, and slowed aging progression.

We will kick off the walking club with a group walk on **Friday, April 5** at **9:00** in the Grant Park Pavilion (just west of the Center). We have invited local running/walking expert Rebecca Gibbs to talk to our group about proper clothing, footwear, and warm-up techniques to get us started. We will supply walking routes and tips. Chart your progress as we walk to San Francisco (743 miles) beginning in April through October.

Cost is **\$12** and all participants will receive a 2019 t-shirt. Free pedometers available upon request. Register now and start walking for fitness.

Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, April 16** from **1:30 to 3:30**. Advance appointments are required.

This service is delayed one week due to our Symposium scheduled for **Tuesday, April 9**.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, April 16** from **12:00 to 2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

Exercise Classes

GENTLE YOGA

Tuesday 9:00-10:00

This class is gentle in its approach and not as strenuous as other practiced forms of yoga.

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

ZUMBA

Friday 9:00-10:00

Involves dance and aerobic movements performed to energetic music.

CHAIR AEROBICS (25¢)

Wednesday and Friday 11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$20 monthly fee
- Class fees are not included in Silver Sneaker or Silver & Fit Medicare Supplement Insurance benefit

Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1** per day, **\$5** for the month, or **free** if you have Silver Sneakers or Silver & Fit. Ask at the Front Desk for details.

University of Utah Students

The University of Utah Exercise and Sports students will be here every **Monday** and **Friday** at **12:30-2:00**.

The students teach a **STRENGTH AND BALANCE CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

The students last day will be Friday, April 19. A new group will begin after Monday, May 13.

This program has become one of our most popular classes as participants enjoy improving their fitness skills. These two classes are included with the Exercise Room fee.

Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

A new eight-week session will begin on **Monday, April 1** through **Monday, May 20** at **10:30-12:00**. The cost is **\$20** for the session or **\$3** per class. [Register now.](#)

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

Museum of Fine Arts: Race to Promontory

The Utah Museum of Fine Arts will host a special display entitled **RACE TO PROMONTORY** in commemoration of the 150th anniversary of the completion of the transcontinental railroad with the driving of the Golden Spike on May 10, 1869.

The bus will depart the Center at **9:30 on Wednesday, April 3**. After our visit, we will travel to the iconic A&W Restaurant for lunch. Cost is **\$10** for transportation and museum entry (lunch is on your own). Registration began Wednesday, March 20.

Kingsbury Hall: Complexions Ballet

Combining technical precision, power, and passion, **COMPLEXIONS CONTEMPORARY BALLET** transcends tradition in a groundbreaking mix of styles ranging from ballet to hip hop. This season, the company performs an exhilarating program full of glitter and glam featuring Star Dust, an “utterly transfixing” tribute to the life and music of David Bowie.

The Center bus will travel to Kingsbury Hall on **Thursday, April 4 at 9:00**. Cost is **\$6**. Register now.

Wendover

Travel to **WENDOVER** on **Thursday, April 11** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20** per person which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. The bus will depart the Center at **8:30** and return at approximately **7:00**. Register now. **Next trip is Thursday, June 13.**

Kingsbury Hall: Alice

Performed by University of Utah Youth Theatre, join us for this original musical production of **ALICE**, based on the Lewis Carroll classic, reimagined by Youth Theatre’s Penny Caywood.

The Center bus will travel to Kingsbury Hall on **Friday, April 12 at 9:00**. Cost is **\$6**. Register now.

Butterfly Biosphere

The **BUTTERFLY BIOSPHERE** at Thanksgiving Point’s Water Tower Plaza is an experience unlike anything in the State! This 40,000 square foot venue is home to over a thousand butterflies from around the globe. In addition to dozens of species of butterflies, it also has 20 species of tarantulas, beetles as big as your fist, and many more creepy-crawly friends.

The Center bus will leave at **9:30 on Thursday, April 18** for Thanksgiving Point. Return to the Center about 1:30. Cost for the trip is **\$25** (lunch is on your own). Registration begins Wednesday, April 3.

Tulip Festival

The Center bus will leave at **12:30 on Thursday, April 25** for Thanksgiving Point and their annual **TULIP FESTIVAL**. Return to the Center about 3:30. Cost for the trip is **\$25**. Registration begins Wednesday, April 10.

This trip involves a considerable amount of walking; there are carts you can rent for an additional charge; however, we have not made arrangements for any carts.

Tuacahn



A chartered bus will depart from the Center at **10:00 on Monday, June 3** and we will stay 3 nights at the CasaBlanca Hotel in Mesquite, Nevada. We will return on **Thursday, June 6**. The cost is **\$400** per person (double occupancy) or **\$500** (single room) and includes lunch on the bus heading to Mesquite, a \$65 meal card at the CasaBlanca, two pre-show dinners at Golden Corral, and tickets to two **TUACAHN AMPHITHEATER** musical plays (*Disney’s When You Wish* and *The Little Mermaid*).

Registration began Wednesday, March 27. A minimum **\$50** deposit is required for each participant to register for the trip. Trip payment in full is required by Wednesday, May 1 at 4:00. Travelers may register for themselves and one other person.

Cancellations must be made prior to Wednesday, May 1 for a full refund. After May 1, trip refund amounts will be on a case-by-case basis.

Note change in fee amounts

APRIL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO LUNCH	2 SHRIMP ALFREDO Side Salad Roll Cinnamon Roll	3 BREAKFAST QUICHE Hash browns Fruit Birthday Cake and Ice Cream 	4 MEATBALLS AND GRAVY Rice Okra No-Bake Cheesecake	5 BAKED CHICKEN Corn Roll Fresh Fruit
8 NO LUNCH	9 SYMPOSIUM \$8 per person Advance purchase Required Deadline Tuesday, April 2	10 FIESTA LIME CHICKEN Black Bean and Corn Salad Tres Leches Cake	11 BROWN SUGAR GLAZED SALMON Broccoli Roll Yogurt Parfait	12 LASAGNA Side Salad Garlic Breadstick Fruit Pie
<p>Lunch is served Tuesday-Friday between 11:30-12:30 Make your lunch selection and then pay the lunch cashier Sandwiches, soup, or salads available as alternatives Prices range from \$2-\$4 Tickets for Special Events need to be purchased in advance</p>				
15  11:00 - 12:30	16 CHICKEN FRIED STEAK Mashed Potatoes and Sausage Gravy Green Beans Chocolate Chip Cookie	17 PEPPER AND SAUSAGE PENNE Breadstick Cucumber and Tomato Salad Brownie	18 HONEY GLAZED HAM Beets Roll Pudding	19 BACON CHEESEBURGER Tater Tots Chips Apple Cinnamon Cake
22 NO LUNCH	23 HOT DOG OR BRATWURST Side Salad Chips Carrot Cake	24 POT ROAST Potatoes and Gravy Mixed Veggies Lemon Bars	25 CHICKEN PITA Pasta Salad Ice Cream Sandwich	26 SAM'S PIZZA Side Salad Cookie
29 NO LUNCH	30 TACO SOUP Churro			